Formulas for converting between period, frequency, and angular frequency

$$P = \text{period}$$
$$f = \text{frequency}$$
$$B = \text{angular frequency}$$

$$B = \frac{2\pi}{P} \qquad B = 2\pi f$$

$$P = \frac{2\pi}{B} \qquad P = \frac{1}{f}$$

$$f = \frac{1}{P} \qquad f = \frac{B}{2\pi}$$